

# HOW TO START MEDITATING



## BREATH

Don't try to "calm your mind." Instead, appreciate the sensations of your breath in the same way that a wine snob tastes a cabernet. When your mind starts wandering away into thoughts, just recognize that you're thinking. Then return to appreciating the sensations of your breath.



## ARMS/HANDS

Relax your shoulders and arms, letting your hands rest on your thighs. Alternately, place one hand on another in your lap.



## LEGS/FEET

If you're sitting in a chair, keep your feet flat on the floor and your spine straight. If you're sitting cross-legged on a cushion, the important thing is to have your knees below your hips. If you need a higher seat, make one.



## EMOTIONS

Long-term meditators show increased size in brain regions associated with emotional regulation. "Larger volumes in these regions might account for meditators' singular abilities and habits to cultivate positive emotions, retain emotional stability, and engage in mindful behavior," according to a UCLA study.



## EYES

Decide what you're going to do with your eyes. If you want the experience to be more body-based, close them. If you want to feel more anchored in the space you're in, keep them open.



## TIME

Meditation isn't about length; it's about frequency. In the same way you don't get strong by lifting one giant weight one time, you should try and sit regularly. Five or ten minutes a day is a great start.



# Tutorial Mindfulness Meditation

**AN Whitehead**



## **Tutorial Mindfulness Meditation:**

## Adopting the Beat of Expression: An Emotional Symphony within **Tutorial Mindfulness Meditation**

In a global consumed by displays and the ceaseless chatter of instant interaction, the melodic beauty and mental symphony created by the published word usually diminish into the back ground, eclipsed by the constant noise and disruptions that permeate our lives. However, nestled within the pages of **Tutorial Mindfulness Meditation** an enchanting literary treasure full of fresh thoughts, lies an immersive symphony waiting to be embraced. Crafted by an elegant musician of language, that fascinating masterpiece conducts visitors on a mental trip, skillfully unraveling the concealed tunes and profound influence resonating within each carefully crafted phrase. Within the depths of this moving examination, we shall investigate the book is main harmonies, analyze its enthralling writing fashion, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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